

## **Best Practices**

### **Title of Practices: Fit India Movement**

#### **Objectives:**

- To maintain and improve physical fitness, good health among the students.
- To practice national integration and harmony.
- Understand themselves in relation to their community.
- To develop the personality of the students through community service.

**The Context:** Fit India Healthy Activities are part of our academic Social and personal life. It allows the students to actively contribute their services for the community and the nation. By this activity, students come forward with their talents as a part of their extra curriculum activities. It also helps the students to develop their skill and their personality, where our students as youth of the nation get involved with real life social activities and become more responsible citizens of India. It helps to develop the capacity to meet emergencies and natural disasters like Covid-19.

**The Practice:** Fit India campaign was organised by department of NSS where the students were taught about the physical fitness along with good mental health. During the Covid-19 students were encouraged to perform their social responsibilities toward society like Fit India *Prabhat Pheri* was organized; Haryali Utsav was celebrated under this medicinal trees were planted by the students in the college campus and their surroundings areas. Yoga Mats and Masks were made and distributed by the students. A Poster Making Competition on Covid-19 was also organized by the college. Two Covid-19 Vaccination Camps were also organized under this slogan of Fit India Movement.

#### **Evidence of Success**

*Prabhat Pheri* on Fit India Movement was taken out all over city by NSS unit on 07/12/2020. The nineteen days activities from 03/05/2021 to 21/05/2021 were organized by NSS and department of Social Sciences forum. The students undertook various activities daily like poster making competition, poetical symposium and declamation contest, home-made mask competition, distribution of masks for needy people. Our students sensitized the people how to download and use the Arogya Setu mobile application. World Earth & Environment day was celebrated by Red Ribbon Club & Youth Club on 05/06/2021. Every member of Managing Committee, staff of college and students planted the saplings in their home or at a suitable place nearby Gurudwara/Temple. Green Diwali poster making competition was organized on October 2020 by NSS Unit. NSS volunteers of our college participated in the drive of giving Polio drops to infants on 31/01/2021.

#### **Problems Encountered and Resources Required:**

Due to pandemic period of this session, students could not attend physically in the college campus and various activities of fit India Movement has been done through Online learning system

## **Title of the practice: Creation of online teaching-learning systems**

### **Objective:**

To ensure smooth transition while imparting effective education during pandemic, the college has adopted various methods and techniques and took measures to equip the faculty for the changes.

To ensure efficient online teaching learning process.

To make the learning experience of students more enriching.

To bridge the gap between offline and online teaching.

To help them progress in terms of knowledge, skill set and outlook towards life.

To safeguard students against the pandemic time.

### **The Context:**

The lockdown happened all of a sudden where no one was prepared. The infrastructure was geared for online teaching both on teacher and students' part. The teachers were not trained in the techniques of the online teaching.

### **The Practice:**

The following methods were implemented to facilitate the online teaching learning process. Some application like Zoom, Google meet etc. was procured providing platform for teachers were teaching learning process, given exclusive training on conducting online lectures ensuring internet connection in all areas of the college like classrooms, library etc. where Wi-fi connection was enabled in the college. Activities like online poster making competition, essay writing competitions were conducted to keep students engaged. Online counselling facility was provided to the students. Interactions were conducted online to provide guidance to the students and share their personal experiences. Webinars on various themes were conducted To keep the faculty and students fit and healthy, various initiatives were taken like international yoga day, FIT India *prabhat pheri* etc

### **Evidence of Success**

1. A webinar on cyber security was organized by computer science department on 01/08/2020. The main speaker was Dr. Paramjit Singh (Dean PTU, Bathinda).

2. A webinar on 400th birth anniversary of Sri Guru Teg Bahadar ji was organized as per the direction of DPI College. The main speaker was Dr. Manvinder Singh(Guru Nanak Studies, GNDU, Amritsar) On this occasion calligraphy, essay writing and declamation competition were also conducted on 29/07/2020.
3. A webinar on Covid-19 was organized by History department on 02/09/2020. The main speaker was Dr. Sukhdev Singh Sohal (Former Professor in History, GNDU, Amritsar).
4. A webinar on Hindi diwas was conducted by Hindi department on 14/09/2020. The main speaker was Dr. Sunil Kumar (Hindi department, GNDU, Amritsar).
5. A seminar on Women Help Desk was organized by Youth Club and Punjab Police Mahila Mitar on 11/01/2021. The main speaker was Mrs. Gurvinder Kaur(Inspector Incharge, Punjab Police, Nawanshahr). She made the students aware about the crimes against girls and how to avoid the crime in future.
6. A seminar on Drug abuse was organized by Buddy group on 15/01/2021. The main speakers were Mr. Harmandeep Singh (Distt. Employment Officer), Mr. Gursasad Singh (Co-ordinator Behaviour Change Health dept.), Mr. Surjit Singh (Social Worker) and Mr. Harpreet Singh (Block Education Officer).
7. A seminar on Road safety/Traffic rules was organized by NSS on 21/02/2021 in collaboration with Ministry of Youth affairs and sports, India government.
8. A webinar on MOOC using open source software was organized by Library department and department of Computer Science on 22/05/2021. Mr. Gopa Kumar (Goa University), the main speaker, highlighted the online teaching during Covid-19 pandemic.
9. A webinar on Yoga Training was organized by NSS on 20/05/2021. The trainer, Chaman Kumar taught the Yoga Asanas to staff members and students to remain healthy in Covid – 19 pandemic.
10. A young warrior training program was organized by NSS and in collaboration with UNICEF on Covid–19 pandemic on 22/05/2021
11. A webinar on “Politics on climate change” was organized by department of Political Science on 08/06/2021. The main speaker, Dr. Baljit Singh Maan (Jammu University) highlighted the changing face of Indian democracy. 180 participants from all over India participated in this webinar.
12. A webinar on Art of Academic writing was organized by Library and Research cell on 15/06/2021. The main speaker, Dr. Shalini Wassan (Senior Librarian, Chandigarh College of Engineering and Technology) taught the students how to write the research paper, book chapter, review article and technical points of latest format.
13. A webinar on Intellectual Property Rights and needs was organized by departments of Computer Science and Commerce on 19/06/2021. The main speaker, Dr. Ashwani Kumar Bhalla (Professor & Dean Academic Affairs CDC Govt. College, Ludhiana) highlighted the features of intellectual property, patent copyright and trademark.
14. Smart Mobile phones were donated to five needy students of the college with the help of former Chief Tax Commissioner Jagjit Singh Ahluwalia.

### **Problems Encountered and Resources Required:**

The students as well as faculty members were not well equipped to go online for teaching learning process.

Initially, there was no awareness about software to be used. They had to be trained. The poor students are unable to buy smart mobile phones.